

Chill Out: You're Looking Kind Of Heavy

"Chill Out", Part 3
Tom Johnson

I) UNDERSTANDING THE WEIGHT OF FORGIVENESS

"Then Peter came to Jesus and asked, 'Lord, how many times shall I forgive my brother when he sins against me? Up to seven times?' Jesus answered, 'I tell you, not seven times, but seventy-seven times. Therefore, the kingdom of heaven is like a king who wanted to settle accounts with his servants. As he began the settlement, a man who owed him ten thousand talents was brought to him. Since he was not able to pay, the master ordered that he and his wife and his children and all that he had be sold to repay the debt. The servant fell on his knees before him. 'Be patient with me,' he begged, 'and I will pay back everything'. The servant's master took pity on him, canceled the debt and let him go.'"

(Matthew 18:21-27, NIV)

***Forgiveness: Setting someone free for a wrong they've done even if they ___DON'T DESERVE IT___.**

II) WRESTLING w/THE HEAVINESS OF UNFORGIVENESS

"But when that servant went out, he found one of his fellow servants who owed him a hundred denarii. He grabbed him and began to choke him. 'Pay back what you owe me!'... His fellow servant fell to his knees and begged him, 'Be patient with me and I will pay you back.' But he refused. Instead, he went off and had the man thrown into prison until he could pay the debt. When the other servants saw what had happened, they were greatly distressed and went and told their master everything that had happened."

(Matthew 18:28-31, NIV)

1) We think we have to ___FAKE IT___.

2) We think we have to ___FORGIVE AND FORGET___.

3) We think we end up ___LOSING___.

III) THE SOURCE OF "TOTAL" FORGIVENESS WEIGHT LOSS

***To extend forgiveness, we must ___EMBRACE FORGIVENESS___.**

"Then the master called the servant in. 'You wicked servant'" he said, "I canceled all that debt of yours because you begged me to. Shouldn't you have had mercy on your fellow servant just as I had on you?" In anger his master turned him over to the jailers to be tortured, until he should pay back all he owed. "This is how my heavenly Father will treat each of you unless you forgive your brother from your heart."

(Matthew 18:32-35, NIV)

IV) RELEASING THE WEIGHT OF UNFORGIVENESS

1) Resist the ___TEMPTATION TO GET EVEN___.

"Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everybody. If it is possible, as far as it depends on you, live at peace with everyone."

(Romans 12:17-18, NIV)

2) Release the ___SITUATION TO GOD___.

"Do not take revenge, my friends, but leave room for God's wrath, for it is written: 'It is mine to avenge; I will repay, says the Lord.'"

(Romans 12:19, NLT)

3) Respond to the ___PERSON WITH LOVE___.

"On the contrary: 'If your enemy is hungry, feed him. If he is thirsty, give him something to drink. In doing this, you will heap burning coals on his head.'"

(Romans 12:20, NIV)

4) Remember that right _ACTIONS_ often lead to right _FEELINGS_.

"Do not be overcome by evil, but overcome evil with good."

(Romans 12:21, NIV)